

Apple Coffee Cake

Rating: ****

Makes: 20 servings

Ingredients

5 cups apple (tart, cored, peeled, and chopped)

1 cup sugar

1 cup raisins (dark)

1/2 cup pecans (chopped)

1/4 cup vegetable oil

2 teaspoons vanilla

1 egg (beaten)

2 1/2 cups all-purpose flour (sifted)

1 1/2 teaspoons baking soda

2 teaspoons cinnamon (ground)

Directions

- 1. Preheat oven to 350°F.
- 2. Lightly oil a 13x9x2 inch pan.
- 3. In a large mixing bowl, combine apples with sugar, raisins, and pecans; mix well. Let stand 30 minutes.
- 4. Stir in oil, vanilla, and egg. Sift together flour, soda, and cinnamon; stir into apple mixture about 1/3 at a time, just enough to moisten dry ingredients.
- 5. Turn batter into pan. Bake 35-40 minutes. Cool cake slightly before serving.

Key Nutrients	Amount	% Daily Value
Total Calories	180	
Total Fat	5 g	8%
Protein	3 g	
Carbohydrates	33 g	11%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	100 mg	4%